CLINICAL PSYCHOLOGY (PSYC 455)
SYLLABUS
Fall Semester, 2015

INSTRUCTOR: Roberta M. Diddel, Ph.D.

CLASS MTGS: Tuesdays & Thursdays, 1:00-2:15
OFFICE HRS: Tuesdays & Thursdays, 12:05 -1:00 p.m. (other times by arrangement) – Humanities 119

Course Overview & Expectations

PREREQUISITE: Abnormal Psychology (PSYC 332) – absolute requirement/.no exceptions

REQUIREMENTS:
This class is a seminar consisting of a combination of lecturing, discussion of reading materials, and completion of written exercises. Requirements include:

(A) Participation in discussion of assigned readings & classroom exercises
(B) Completion of 9 exercises in essay format (see handout entitled *Exercises*)
(C) Active engagement in classroom exercises

Class attendance is mandatory. Students are allowed one (1) unexcused absence. Additional absences will result in the loss of 1 grade point from your final grade. Thus, if your final grade is 92, and you have one unexcused absence, you will receive a grade of 91; two unexcused absences, a 90; and so forth. Excused absences include:

(A) Illness *with a doctor's letter*
(B) School sponsored events, with a letter from the coach or supervisor
(C) Serious personal emergencies, with permission from the instructor *prior to class*

READINGS & REFERENCES:

- Patterson, C. & Watkins, Jr., C. (1997). *Theories of psychotherapy, 5th ed.* NY: HarperCollins. (Noted on the syllabus as **P&W**.)
- Nichols, M.P. (2009). *Inside family therapy: A case study in family healing.* Boston: Pearson.
- Journal articles accessed on-line / readings on OwlSpace, noted in the syllabus by the symbol: **Owl**
- DVD of the movie *Ordinary People* (Director, Robert Redford), Paramount Pictures, 2001.

GRADING:
Grading is based on nine Exercises (described on a separate document on OwlSpace under Resources), reflecting their understanding of readings & lectures and accuracy and depth of analysis. Students will be given numerical grades and comments on exercises. Total grade consists of:

- 9 homework exercises, 7 of which will be graded on a 100-point scale and 2 of which are pass/fail
- *All assignments must be completed in order to pass the course*

Exercises are due in Drop-box on Owl-Space by 1:30 p.m. on the date due. In an emergency, you may hand in a typed, printed copy before class. *Lateness will result in a loss of 1 point for each day that the assignment is late.* If your grade is 92, one day late will result in a grade of 91, two days late, a 90, and so forth. Please leave time for computer glitches and crashes (i.e., don't wait 'til the last minute to upload your assignment.)

If an Exercise is late, you can't attend class on the day it is due, so you will also accrue one unexcused absence.

SPECIAL NEEDS: Any student with a documented disability needing academic accommodations should speak with Dr. Diddel by September 3rd or within a week of the onset/diagnosis of the condition. All discussions will remain confidential. Students with disabilities must first contact Disability Support Services.

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COURSE OUTLINE & ASSIGNMENTS
Fall, 2015

DATE	CLASS TOPIC	ASSIGNMENT DUE
8/25	Course overview & expectations	
	SECTION 1: PSYCHODYNAMIC PSYCHOTHERAPY	
8/27	Behavior change project – expectations Psychoanalytic Psychotherapy: Freud	Watson & Tharpe,Ch.1 (Owl) P&W, Intro. (pp. 1-8) & ***skim*** Chapter 1
9/1	Labor Day – No Class	
9/3	Resistance & the defenses	*DSM IV* , pp. 807-813 (OwlS) Vaillant (2000) *J Abn Psy, 55(1),* 89-98
9/8	Individual Psychotherapy (Adler) Behavior change project – Goals	P&W – Chapter 3
9/10	Object Relations Theory	P&W Chapter 4
9/15	Review & discussion, psychodynamic Behavior change project – self-observation	**Exercise #1 - Psychodynamic**
	SECTION 2: LEARNING THEORY & COGNITIVE-BEHAVIOR THERAPY	
9/17	Learning Theory (Dollard & Miller) Behavior change project– A,B, C's	Watson & Tharpe, Ch.4 (Owl)
9/22	Motivational Interviewing:	Rotgers (OwlSp)
9/24	Cognitive Therapy (Beck & Meichenbaum) Cognitive restructuring: What does it look like?	P&W Chapters 8 & 9
9/29	Review & discussion –cog-behavioral	**Exercise #2 – Cognitive-Behavioral**
	SECTION 3: HUMANISTIC & EXISTENTIAL APPROACHES	
10/1	Client-Centered Approach (Rogers)	P&W Chapter 13
10/6	Existentialism and therapy – Frankl	P&W, Chapter 14
10/8	Existential Approach Humanism, choice, resistance & motivation	Yalom, *Love's Executioner* (OwlS) Be prepared to discuss: "Do people actually ***have*** free will and choice?

DATE	CLASS TOPIC	ASSIGNMENT DUE
10/13	MID-SEMESTER BREAK – No Class	
10/15	Review & discussion, Humanistic	**Exercise #3 – Humanistic & Existential**
	SECTION 4: SYSTEMS THEORY & FAMILY INTERVENTIONS	
10/20	Systems theory & intervention Group Therapy (Yalom) Group process – 12-step	 Yalom, *Group Therapy* (OwlS) **Exercise #4: 12 step group (Pass/Fail)**
10/22	Family systems pathology Systems theory in individual therapy	Nichols, Chaps. 1 & 2
10/27	Family systems – Family of Origin	**Exercise #5 – Family tree**
10/29	Family of Origin - Family tree (cont.) The marital dyad	Nichols, Chaps. 3-5
11/3	Family intervention – Family life cycle	Nichols, Chap. 6
11/5	Family intervention – Parenting	Nichols, Chaps. 7-9
11/10	Interviewing & Psychosocial History	Schedule mock interview Nichols, Chaps. 10-12
11/12	Family intervention	Nichols, Chaps. 13 & 14
11/17	Review & discussion, Family Intervention	**Exercise #6 – Family Systems**
	TEMPERAMENT, POSITIVITY & CHANGE	
11/19	Positive Psychology	Optimism test & VIA Strengths test (Owl) Watson & Tharpe,Ch,10 (Owl)
11/24	NO CLASS	**Exercise #7:** Interview mock patient (Sometime before Thanksgiving break)
11/26	THANKSGIVING – No Class	
12/1	Review of Interview & Psychosocial History	**Exercise #8:** Psychosocial History / Psychological Report
12/3	Final class; Appreciative Inquiry exercise	No assignment
12/9	**Turn in behavior change project**	**Exercise #9 (Pass/Fail)**